



Grilled Turkey, Bacon, Radicchio, and Blue Cheese Sandwiches

READY IN



20 min.

SERVINGS



2

CALORIES



698 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon
- ☐ 4.5 inch sandwich bread white country-style (5x3 inches)
- ☐ 4 teaspoons butter divided room temperature
- ☐ 0.3 cup cheese blue crumbled
- ☐ 0.3 cup mayonnaise
- ☐ 4 leaves radicchio thinly
- ☐ 6 ounces turkey cooked thinly sliced

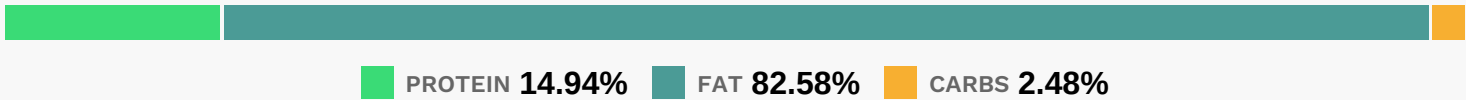
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon in large skillet over medium heat until crisp.
- ☐ Transfer to paper towels.
- ☐ Pour off fat from skillet; reserve skillet.
- ☐ Mash mayonnaise and blue cheese in bowl to coarse puree; season with pepper.
- ☐ Place bread on work surface. Divide cheese mixture among bread slices, spreading evenly. Divide bacon, radicchio, and turkey between 2 bread slices. Top with remaining bread, cheese side down. Melt 2 teaspoons butter in reserved skillet over medium heat.
- ☐ Place sandwiches in skillet.
- ☐ Spread 2 teaspoons butter on top pieces of bread. Cover with lid that is slightly smaller than skillet. Cook sandwiches until lightly browned, about 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:100.89, Glycemic Load:2.19, Inflammation Score:-4, Nutrition Score:14.897826031498%

Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 697.92kcal (34.9%), Fat: 63.71g (98.01%), Saturated Fat: 21.28g (132.98%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 4.16g (1.51%), Sugar: 0.6g (0.67%), Cholesterol: 132.95mg (44.32%), Sodium: 968.41mg (42.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.93g (51.86%), Vitamin K: 51.86µg (49.39%), Selenium:

30.66µg (43.8%), Vitamin B3: 7.72mg (38.58%), Vitamin B6: 0.57mg (28.71%), Phosphorus: 286.39mg (28.64%), Vitamin B12: 1.32µg (22.05%), Vitamin B1: 0.25mg (16.58%), Zinc: 2.42mg (16.11%), Vitamin B2: 0.25mg (14.86%), Vitamin B5: 1.24mg (12.43%), Calcium: 116.12mg (11.61%), Vitamin E: 1.59mg (10.59%), Potassium: 329.87mg (9.42%), Vitamin A: 455.69IU (9.11%), Magnesium: 29.18mg (7.3%), Iron: 1.11mg (6.15%), Copper: 0.1mg (5.01%), Folate: 19.55µg (4.89%), Vitamin D: 0.59µg (3.9%), Manganese: 0.05mg (2.73%)